

# 7 Forest Fanon Lore Reference

## Preface

The information in this document is, as all information in the 7 Forests Fanon, subject to change. However, we have reduced the forests and their elements to the most concrete information available. We will not be describing many of the experimental or most recent ideas that have been brought to the 7FF, or those that have undergone continuous debate, as they are the most vulnerable to sudden change.

-LordNesquik

## World

The many forests vary greatly, but some things are true no matter where you go.

### Resources

All the forests share many of the same natural resources. However, not every forest shares the same needs or ambitions, and so what they choose to grow and extract from their environment will vary. In turn the inhabitants of each forest will cultivate their surroundings to different extents and in different ways.

## Altum

### Overview

No other forest is as large as Altum. Its peaks tower above the highest points of other forests. Altum is defined by its diverse areas, from its expansive mountain ranges and icy tundra environments to lush valleys and plains. The spirits within contend with a variety of dangers for the privilege of survival, from the packs of ambivalent Dark Wolves, to the harsh climate that makes even subsistence a matter of constant work. Their culture has grown hardy and determined to match.

## Spirit Tree and Light

Altum is sustained by Seid, red of the spectrum of spirit lights, and the Spirit Spruce seated at Altum's heart.

### Seid

Seid has the largest range and thus the most light of any of the Spirit Lights. They are incurably optimistic, loving their forest and the spirits that live there, regardless of the hardships. In what interactions they do have with their spirits, they often attempt to provide encouragement or to raise the mood among them.

### Spirit Spruce

It is typically a very experienced spirit who embraces Seid when the spirit tree of Altum fails. The Spirit Tree of Altum is known for being a stern realist, in contrast to Seid's optimism. They wish the best for Altum as Seid does. But they often take a more pessimistic perspective which leaves the two at odds. Their cooperation is enough to maintain Altum regardless.

### Light Ceremony

One spirit is chosen to ascend the Spirit Spruce and play an ancient note on its Giant Trembita. The sound is echoed in waves by every trembita in every settlement that hears it, washing across Altum. During this, the Spirit Spruce projects its light in bands high in Altum's atmosphere, creating a display that resembles the northern lights.

## Spirits

### Adaptations

The spirits of Altum are physically adapted to navigate their mountainous homeland and survive. They have a soft yet thick coat of fur that keeps them warm and, along with their tail, can be used for camouflage in the snow. They are naturally adept climbers as well, with hardy hooves and paws built to match.

### Culture

With the scarcity of resources in Altum, its spirits are thrifty omnivores. Knowledge on how to scavenge for and preserve food is common. Actively hunting is generally a last resort. Spirits that do are

expected to know how to hunt conservatively and avoid undue suffering for their quarry.

Farming exists to a degree in Altum with the assistance of Seid's light. It supplements their hunting and foraging to help fill their stores and prepare for the winter.

## Ability

Altum's signature light ability is Spirit Swoop. It fabricates a flexible yet highly durable film of light that stretches between their arms and legs, allowing them to glide. With large open spaces and strong winds, Altum is an ideal environment for using Spirit Swoop to travel long distances quickly and silently.

## Other Inhabitants

### Michi



-DanaArt42

The Michi are a race of squirrel-like creatures with some resemblance to the Moki. They often live among the spirits, making close friends or seeing one another as family. Michi are varied but resolute in the face of Altum's threats.

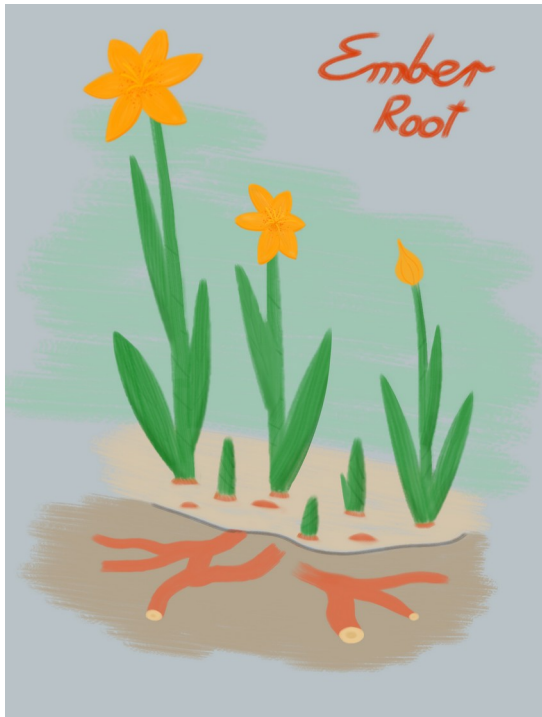
### Sarok

Sarok are large mountain goats with snow-white fur that live in Altum's higher altitudes. They are wise and helpful to the spirits, originally teaching them the skills necessary to survive. Despite this, they are not

particularly active guardians, only sometimes intervening if someone is in grave danger.

## Flora and Fauna

Ember Root (Truncus Fervidus)



-*Xenon*

The ember root is a plant native to southern regions of Altum. It can often be found near hot springs, where it grows in small clusters. The above-ground part of the plant takes the form of a distinctive orange flower supported by a leafy stem. The root is reddish in colour and is valued for its intense spicy-sweet taste, from which its name comes. It is used as a spice in baking, and its taste is valued in addition to tea, giving both strong warming properties. Overconsumption of the root can lead to painful but temporary side effects.

## Resources

### Mining

The mountains, caves, and caverns of Altum contain a variety of rare and useful resources. Gemstones found there can be beautiful and fetch good value, and ores found within can be refined into strong metallic

materials. Cliff faces can be quarried for useful stone and chalk. Ice can be useful in refrigeration as well if extracted and preserved carefully.

### Hunting

Beyond just the food it provides, the results of a hunt are unique to Altum, as hunting is most common there. Pelts are often crafted into blankets or other warming garments, made especially original by the traditional craftsmanship practiced in Altum.

### Dark Wolves

These massive wolves roam in packs throughout Altum. Their relationship with the rest of the forest varies from pack to pack. Some are accepting and cooperative, others are weary, and still others are intensely territorial, hunting out any spirits within their grounds.

### Areas

The largest forest in the world, Altum offers a massive variety of landscapes, most of them cold. In the northernmost points, ice flows perilously across the ocean's surface, ever shifting and thin enough to fish through.

South of the ice flow, there are vast plains of frozen tundra, the permafrost too harsh for trees.

But much of Altum is covered in mountains- vast ranges that stretch from green river valleys to harsh, ominous peaks that remain capped in snow year round. Boreal forests of Pines and Aspen stretch as far as the eye can see.

### Structures

#### Great Trembita

A large, stationary instrument carved from the wood of the previous Spirit Spruce and affixed onto the top of the current one. It is the largest of a system of trembitas that exist in settlements throughout Altum, used for quick communication. The Great Trembita is an alarm for all

of Altum, and less important messages are sent through a chain of trembitas until they reach their destination.

# Kainar

## Overview

Kainar is mainly a wide, open savannah, dotted with occasional concentrations of geography or population. It is far from barren, however, life filling the plains and creatures of many sorts living amongst each other in its beacons of progress and cooperation. It is itself not dangerous beyond the heat of the sun, but it is home to some of the most aggressive creatures in all the forests.

## Spirit Tree and Light

Kainar is sustained by Seil, orange in the spectrum of spirit lights, and the Spirit Baobab.

### Seil

Seil is most notable for their consistent interaction with the Baobab and their spirits. They are energetic and ambitious, generating a consistent stream of ideas ranging from obvious to far-fetched. Seil views their spirits as their equals rather than explicitly less wise, and with cooperation between Seil and Kainar's inhabitants many of their ideas become useful innovations.

### Spirit Baobab

Most of the spirits who take on the mantle of the Spirit Tree of Kainar are powerful figures and experienced engineers. They contribute their wisdom to the inhabitants of Kainar, helping to turn Seil's ideas into actionable plans. As with every Spirit Tree, they care deeply for their spirits, but show it through the effort they put into their work rather than their words.

The Spirit Baobab is also an archive of countless plans and information from previous generations of spirits. The information within extends far into the history of Kainar, and occasionally spirits will come seeking ancient knowledge or plans.

### Light Ceremony

The Spirit Baobab summons two vortexes of fire - one around the tree, and another around the outer wall of Korios City. They rise far above the city but are ultimately harmless to its inhabitants and any creature that doesn't touch them. Their light can ward off attackers and the smoke they produce can create rain clouds to relieve a drought.

### Spirits

#### Adaptations

The large mesas that make up Kainar make quick traversal an essential ability. Spirits of the Baobab have large, powerful legs for running across long distances. Their thick tail can also support their weight, allowing them to lean onto it and kick with their legs in self-defense.

#### Culture

The spirits of Kainar are passionate about their work, which usually revolves around more technical subjects, and enjoy discussing it at length. They typically ignore criticism from those not experienced in their field, preferring their own experience to others. Their work duties often occupy much of their attention.

### Ability

Kainar's signature ability is Spirit Ignition, which allows them to convert a portion of their light into fire without harming themselves. This is used often for starting bonfires, firing clay, or bringing more light to a dark area. Users must be cautious as the fire they conduct can ignite a wildfire in the plains if used too recklessly or by too many spirits at once.

### Other Inhabitants

#### Leenis

A race of short prairie creatures with long ears and tails. They live among the other inhabitants of Kainar as neighbors and friends, often fulfilling the more operational roles such as merchants or managers. Nothing forbids them from pursuing technical experience, however, and some can find great success with it.

## Ruam

These scaled creatures have a trend for spatial intelligence and engineering prowess. They are as invested as the spirits in Kainar's success as the spirits, giving their assistance in the design and construction of their works. They focus mostly on their work and view the other inhabitants of the forest as colleagues and friends.

## Resources

### Refining

With their more advanced tools, the Kainari can create complex materials more efficiently than other forests. Alloys are produced in higher quantity and quality than anywhere else and tools made from them are sturdier than their counterparts in other forests. Sand gathered from their southern coastline is refined into glass, which is often used in architecture.

## Great Beings

### Zariza

A massive scorpion and mother to the many smaller sapient scorpions of Kainar. She is typically friendly and lives peacefully among the rest of Kainar's inhabitants. Despite this, Zariza does not hesitate to defend her children from anyone or anything that might threaten them.

## Dark Hyenas

These massive hyenas live in packs that spend most of their time at the edges of Kainar. They attack the constructions of Kainar's other inhabitants both for fun and in protection of what they believe to be the order of nature. Most often, Dark Hyenas will ignore spirits, but they are infamous for trying to kill those that resist their assaults on Kainar's developments. Much of Kainar's external development is for the purpose of defending against them.



## Areas

### Korios City

A city that surrounds the Baobab in the heart of Kainar. Constructed by cooperation between the spirit and ruam, it features an inner wall which surrounds the Baobab and an outer wall which surrounds the entire city. Crowds and movement are a constant feature as individuals of all types fulfill Korios' many functions. The city features an aqueduct system to provide water to the homes and aesthetic gardens inside. It is managed by a system of guilds run by the most experienced engineers, guardians, and managers in Kainar.

## Structures

### Museum of Korios

A collection of murals and memorials that detail the history of life in Kainar and how Korios came to be. It is maintained by cooperation of every guild in the city and is the prime example of Kainari ingenuity and design.

# Hoa

## Overview

Hoa is a valley of carefully-cultivated, blossoming trees. Its climate is temperate, and winds often blow through the forest. The harmonious spirits of Hoa are scholarly and engage in all manner of intellectual pursuits.

## Spirit Tree and Light

Seip watches over Hoa, glowing a royal purple atop the Spirit Sakura.

### Seip

Seip has an obsession with beauty and makes every effort to maintain the aesthetic of the garden-forest. They are incredibly protective, not only of the forest itself, but of all the scholarly and artistic works present in the forest. Seip is also quite emotional. While sometimes

dramatic, she also cares deeply for all the spirits in Hoa, and the loss of a single spirit affects her deeply.

### Spirit Sakura

The Spirit Tree of Hoa has the strongest connection to its wisp of any other spirit tree. Most spirits that become the Spirit Sakura are ardent followers of the teachings of Seip, and thus share similar views, interests, and ideas concerning the outlook of the forest.

Spirits have a ritual for communicating with the Spirit Sakura that involves talking to the tree and then reading the leaves that fall. The reading process can take days, and the translated response always rhymes.

### Light Ceremony

The Hoan light ceremony is a ritual that takes place over multiple days. It begins with spirits gathering inks and materials. Once materials are gathered, the spirits paint elaborate mandalas on the surface of the Sakura. Once complete, the patterns drawn on the Sakura glow with light, transforming the Sakura into a textured pillar of light.

## Spirits

### Adaptations

Hoa's spirits are the smallest and lightest variety of spirit, but make up for it with exceptional grace and speed. They can run on all fours to move quicker than what would be possible on two legs, and their two tails can be used as a counterweight, allowing them to make tight turns at high speed.

### Culture

Hoan spirits are fundamentally ceremonial, adhering to strict but unspoken social agreements. Inefficiency is seen as a worthy cost for visual appeal and they often seek to preserve cooperation between the forest's inhabitants above all else. They are innately curious and push themselves to learn more about the natural world, often encouraging development via friendly - or "friendly" - competition among peers. Self-expression to others is regarded highly in Hoa, with flamboyance and melodramatics most common among them.

## Ability

Hoa's unique ability is Light Mirage. They can create all manner of formations from light, but they only last as long as the ability is channeled, and a spirit can only reproduce as much about an object as they know about it. The mirage is shattered if the spirit's focus is broken or a significant enough force is imparted on it to overcome the light.

## Other Inhabitants

### Daar



*-DanaArt42, original concept by Orrien*

Daar are a bean-shaped race in Hoa with a propensity for construction, with the Spirit Library being one of their greatest achievements. They possess four arms and have two pointed legs that allow them to traverse walls and ceilings. They have a chitinous exoskeleton that protects their limbs and most of their body.

### Atma

After fleeing from their homeland, the mysterious Atma race arrived at Hoa, desperately asking for a place to settle. The Daar built them a new home, which is located in The Vale, and guard the second Spirit Library. The Atma are a form of ethereal life form who create "Crystal shells" to inhabit, these becoming larger and more complex as they become older. They also built the Crystal Garden from which they collect the material for their shells. They use sunlight to keep their shells active, and use crystal light poles at night to be able to still operate in the dark.

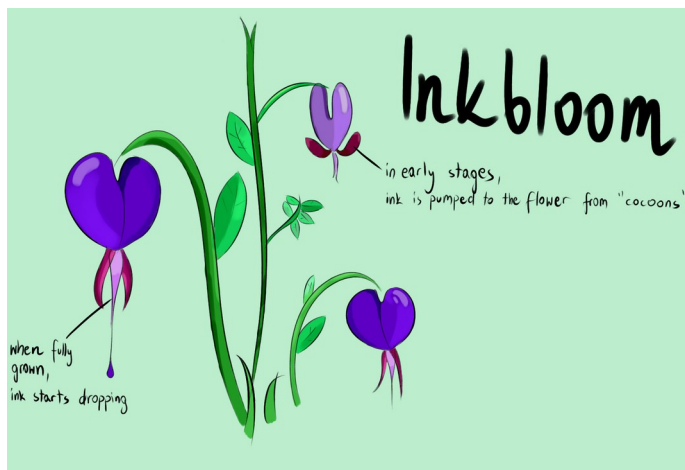
# Great Beings

## Sentinels

The sentinels are enigmatic, gargantuan creatures, constructed of magic and earth. Long ago, they were called upon to push back the Decay, and all but one fell into a deep slumber after their victory. One continues to defend Hoa, but how the rest could be awakened is a mystery to all.

## Flora and Fauna

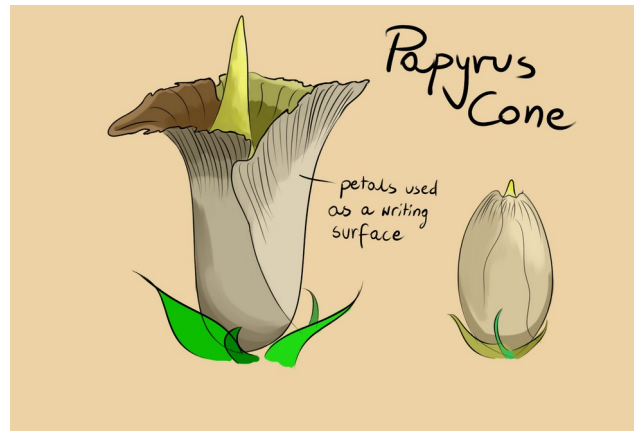
### Inkbloom



-Orrien

The inkbloom is a flowering plant that looks like a cross between an orchid and a fuschia. They begin life with two sacs attached to the pistil of the flower. These are full of an inky, indigo pigment that spreads to the petals of the flower over its lifetime. When mature, the sacs deflate and the stigma of the flower begins to drip the inky substance. The flower itself can be used to write, or the ovary of the flower can be squeezed or punctured to release the ink more quickly.

## Papyrus Cone



-Orrien

The papyrus cone is a plant with aroid flowers. When mature, the fibrous petals open up and can be peeled off for use as stationery.

## Resources

### Horticultural

Hoan are experienced in cultivating or using the native flora. Scholars create plant-based parchment, inks, and pigments that are important in their record-keeping. Many inhabitants of Hoa also know how to cultivate some plants to grow in ways they couldn't naturally.

### Cultural

Hoa is a haven for artists and experimental artisans. A great many curious things have been invented in its valleys, from clockworks to odd new materials. Few of these inventions see much useful refinement, but they are useful as tradeable trinkets. As well, Hoa's art world is booming, with paintings, carvings, and other works made by locals often being highly prized.

## Dark Foxes

The dark foxes of Hoa live in harmony with nature, caring for the land and spirits around them. They are some of the wisest creatures in Hoa, and incredibly nimble. Their tail is a distinguishing feature. As they grow and gain wisdom, the tail splits. Dark foxes can have up to nine tails.

## Structures

### Spirit Libraries

The Spirit Libraries contain all manner of written works, from spirits and dark foxes alike. The records, scientific texts, teachings of the

Spirit Sakura, and countless other works stored within can date back generations. There are 2 Spirit Libraries, one in the Vale with the Atma looking after it and the other with the Spirits. There is a third Library, the first one, but it caught fire and was destroyed.

# Noiton

## Overview

Noiton is a wetland and rainforest, teeming with life. Countless varieties of flora and fauna call Noiton their home. The species inhabiting Noiton range from beneficial to deadly, and the culture and abilities of the Noitonian spirits have adapted to reflect this.

## Spirit Tree and Light

Seim glows a verdant green, nestled in the branches of the Spirit Mangrove.

### Seim

Seim is the arbiter of the Spirit Mangrove. He understands that he is only one mind, cannot see everything at once, cannot balance the immensity or complexity of Noiton's ecosystem. To this end, he trusts in the mangrove and puts his focus on its immediate protection. In all else, he lets nature take its course.

### Spirit Mangrove

The Spirit Mangrove is unique, in that it contains the consciousnesses and memories of every previous Spirit Tree of Noiton. Each of them wields the light, but the most current, "true Mangrove," orchestrates the efforts of the others to keep them focused on balance and the cycles of life.

### Light Ceremony

The light ceremony of Noiton consists of multiple smaller light ceremonies. Spirits from all over Noiton gather in groups to make campfires, and to perform dances and music, drawing light into the surrounding area and back to the Mangrove.

# Spirits

## Adaptations

Noitonian spirits are the most adept swimmers of any variety of spirit. Their paddle-like tails allow them to maneuver in the water with ease, and they can hold their breath for extended periods of time. Noitonians also possess a natural resistance to toxins, allowing them to eat some things that would poison other spirits or shake off the effects of some venoms. Some shamans choose to further enhance this ability, immunizing themselves against a wide variety of toxins.

## Culture

The darkness of their surroundings can encourage Noitonian spirits to direct honesty, and even dark humor at each other's expense. But they form close bonds. There is safety in numbers in the deep places of the forest. When in doubt, they seek knowledge and wisdom in their elders and shamans. Becoming a shaman requires knowledge, an attunement to the forest, and seeking a connection with The Mangrove. Traditional Noitonian garb and jewelry uses animal skulls and bones, especially among shamans. However, this intimidating outward appearance betrays their welcoming nature.

## Ability

Soul Link is the act of connecting with The Mangrove to borrow Seim's light. Few are trusted, even among spirits, to put the balance of nature before themselves. Seim's light in the paws of a Shaman is used to heal- to help things grow or regrow. Connection to the Mangrove allows the Shaman glimpses of knowledge and deep understandings of their home. But be warned, if opened too wide, the connection of Soul Link goes both ways. To take enough light to revive another to life, a Shaman must give up their own. Their light will return to the forest. It is on this precarious edge they walk every time they link.

## Great Beings

### Kama

Kama is a massive serpent that slithers throughout Noiton. She is ancient and bears great wisdom. She bears allegiance to no one, and can be unpredictable, ranging from helpful to openly hostile.

## Flora and Fauna

### Moonshine Thornbrush

The moonshine thornbrush is a flowering briar, native to the jungles of Noiton. Its small blue flowers have no uses, other than being ornamental. The plant's thorns secrete a neurotoxin that causes numbness, and even paralysis in high enough doses. However, small amounts of the toxin can be used as a painkiller.

### Dark Panthers

Dark panthers are large cats that inhabit Noiton. They have a capricious temperament, each panther acting independently from the others. Panthers may be friendly, or maintain their distance. They may choose only to defend their territory, or may actively hunt spirits. Packs of panthers are uncommon. However, when they form, each pack shares an attitude towards other creatures they encounter.

## Resources

### Plant Life

Noiton contains a stunning variety of plants that can grow as plentifully nowhere else. Many are dangerous, but they can be exceedingly useful when properly refined. Rare and strong medicines - or poisons - are carefully mixed from plant & animal extracts, often by shamans, and are valuable for their irreplicability in other forests. Alchemical concoctions can also treat stone and wood to make sturdier tools.

# Friol

## Overview

Sandy shores and palm trees dot the ocean archipelago of Friol. With plentiful resources and friendly weather, Friol is among the most hospitable of the forests, but chaotic tectonic activity and a lackadaisical nature among spirits makes creating anything of permanence a challenge.



## Spirit Tree and Light

Friol is fiercely protected by the Spirit Palm and Seiv, deep blue in the spectrum of lights.

### Seiv

Spirit Light of Friol, Seiv, is a fiercely protective guardian of the forest's spirits. The light's power is spent on providing Friol with the strongest protections of any forest, warding against anything from outside that wishes it harm. They hardly mention their work to the spirits, preferring to keep the atmosphere of their island home calm and easy-going.

### Spirit Palm

The Spirit Tree of Friol must commit themselves to maintaining the forest to keep up with Seiv's demanding standards, often requiring more dedication than any Friol spirit has experience with. Their attitude towards their spirits is casual but maintaining Friol's idyllic climate requires strong effort on their part. Regardless, they are quick to join in on the spirits at play where they can.

### Light Ceremony

The night of Friol's light ceremony is marked by the passing of a bright comet. As the comet approaches, the spirits draw light from the heavenly body. They use the light to hold their great Water Ball Championship, infusing the light with their energy before offering it back to the Spirit Palm. The new light, infused with strength, helps to keep Friol's islands afloat.

## Spirits

### Adaptations

Friol's islands maintain a hot, tropical climate. Their short fur helps keep them from overheating and their long, prehensile tail allows them to hang off of sturdy branches, or even grab fish from the water with some practice. Their strong paws also help them grip and climb trees.

### Culture

The spirits of Friol generally have the most casual and adaptable lifestyle of any of the forests. Food and water is plentiful and

natural predators are essentially nonexistent, so the spirits face little threat in their daily lives. Many spend their time enjoying the archipelago's natural appeal, while others pursue their own interests to their heart's content. Spirits cooperate to host ceremonies around natural events such as the sinking of an island or water-based sports in friendly competition.

## Ability

Light Blink is the unique ability of Friol, allowing spirits that know it to instantly warp short distances. Spirits can do it intentionally to transport themselves to a specific nearby location, with accuracy being improved as the spirit gains experience. It can also be done as a subconscious reaction, such as to being startled, where it will warp the spirit to a random but typically safe location within its range.

## Other Inhabitants

### Karbids

These large, sentient crabs live in peace and friendship among the spirits of Friol. Their size can vary from that of a few spirits to much larger, and they decorate their shells over the course of their lives with various shiny objects they find appealing. Karbids are often equally as lackadaisical as the spirits, living and relaxing among them.

## Great Beings

### Kaore

A large squid capable of moving between the deepest depths and surface of the ocean that Friol exists in. He maintains the order of the ocean, brokering peace between the spirits and the creatures that live in the ocean. When underwater, he has strong active camouflage that can make him appear invisible to most.

## Flora and Fauna

### Kako Birds

This unique species of birds can detect when an island in Friol's archipelago will sink. Once they do, they move in massive flocks to a

different island. A few days afterward, the island invariably gets taken by the ocean. Most inhabitants of Friol know to follow the Kako birds if they're seen leaving an island.

## Resources

### Tropical Flora & Fauna

The abundances of beaches and archipelagos that exist in Friol give it plentiful access to plant and animal life found only scarcely on the coasts of other forests. Tropical fruits and other plants like coconuts are delicacies elsewhere, if their perishability can be counteracted, and the shells that litter beaches are used in decoration and craft. Frioli artisans are typically disorganized but unique in their creativity and distinctive, individualistic styles.

## Dark Sharks

The Dark Sharks live deep under the waves in Friol in an area known as the Sea of Shadows. Some are carnivorous, their diet mostly consisting of fish, while others are omnivorous. The sharks are intelligent and understand the balance of light in Friol. While they are not naturally hostile towards the spirits, they do not allow them into their ocean home.

## Areas

### Spirit Shore

The Spirit Shore is on the western area of the largest island. One of the most populated areas in Friol, The Spirit Tree typically grows there.

### Silvergreen Forest

A dark and intimidating forest that takes up the eastern portion of Friol's largest island. It is positioned beside a mountain, often draped in shadow, and covered in a fine silver mist. Getting lost inside the forest is likely, but it otherwise poses no threat.

### Ghnor's Fissure

Two mountains that rise high in the northern portion of the largest island. Local legend states that they were once one, even larger mountain.

### Elysium

A lush area west of the Spirit Tree's island, this island is home to the Elysium Falls which shares the name. Its surface varies between forested and rocky.

### Sight's Rest

This shore has some of the most impressive views of the entire archipelago of Friol, earning it its name.

### Lagoena's Garden

This breathtaking garden is named for the spirit that grew it, and flowers of various colors bloom there like nowhere else. It is one of the only islands that never sinks.

### Primeval Recess

One of the northernmost islands of the entire archipelago, the primeval recess contains ruins of ancient spirits and unique, dinosaur-like fauna.

### Sailors Barrow

On the western portion of Friol, this is the home islands of the Karbids, though they have since spread across the archipelago. Ruins of ancient naval vessels remain here.

### The Stone Palisade

The waves constantly threaten this partially-sunken island. Not many visit it, but Kaore often stalks around it.

### Sea of Shadows

This deep portion of Friol's oceans extends across a large portion of the archipelago. It was named for the Dark Sharks that occasionally swim closer to the surface, creating the impression of shadows moving underwater. Most Dark Sharks live in this region, although some choose to leave it and live elsewhere.

## Structures

### The Lighthouse

This tree-like construction towers high, sharing an island with Lagoena's Garden. A glimmering light can be seen from the top.

*More information about Friol can be found in the ["Welcome to Friol"](#) document.*